

## **ABSTRACT**

The aim of diploma thesis „Sugar substitutes“ was to create a list of sugar substitutes and review their impact on human health. It analyzes the relationship of sugar substitutes to obesity, diabetes and caries.

Diploma thesis discusses the possibilities of using sugar substitutes and their characteristics. Thesis includes information about acceptable daily intake of each sweetener and comparison its sweetness to sucrose.

The brief description of every group of food additives and chapter about valid legislation are also parts of this thesis.

**Key words:** sugar substitutes, artificial sweeteners, additives, acceptable daily intake, diabetes mellitus, obesity, caries